THE 10 MOST HAUNTED PLACES
IN SACRAMENTO, CALIFORNIA

By Paul Dale Roberts, Halo Paranormal Investigations

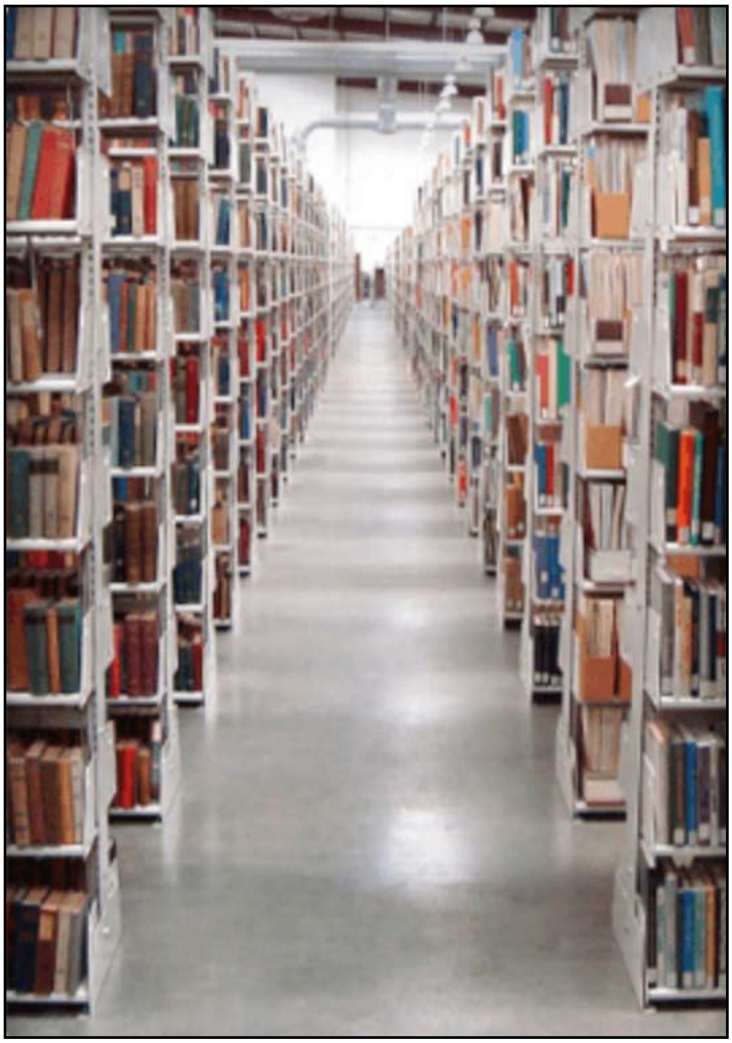
1 The Record Store on K Street Mall
An old woman in Victorian clothing appears to patrons and disappears. She is known to go up to a noisy patron and tell him to keep the noise down. It is rumored she haunts the basement.

2 Old Sacramento Tunnels
Old Sacramento was rebuilt over the original town. There are tunnels and a hidden town underneath, buried because of the rising waters of the Sacramento River. Negative energy, a ghostly apparition, and strange noises are just a few of the haunted activity inside the tunnels.

3 California State Library
It is rumored that some sections of the California State Library are haunted in what is called the California Section. This is where the apparition of an old man with glasses is seen looking over old books. It is also said there is a tunnel that goes from the California State Library to the Capitol, and those tunnels are reportedly haunted.

4 Pocket Area Homes
These new homes were built over a Portuguese cemetery. Residents have complained that they have seen spirits in their new homes.

5 Richard Trenton Chase (aka The Vampire of Sacramento) Victims' Homes
Richard Trenton Chase, also known as The Vampire of Sacramento, committed some grisly murders in the city. He was a serial killer that dabbled in drinking the blood of his victims and cannibalism. As a child, he mutilated animals. It appears that at some of his victim's homes, there may be some residual hauntings, as the murders seem to replay over and over again.



At the California State Library, a ghostly apparition of an older man perusing the books is seen. Plus, library staff hears books being pulled or returned to the shelves by unseen hands. (Photo: California Stat Library)

The Old Sacramento tunnels is home to negative energy, a ghostly apparition, and strange noises. (Photo: parks.ca.gov)

6 Paradise Beach

A man who looks depressed is sometimes seen walking the beach. It is said that this man was a drowning victim.

7 A House on Parkshore Circle — Greenhaven

The people who lived in this house had a white rabbit. Joggers and dog walkers going past the house in Seymour Park see a white rabbit in the front lawn playing. And as they watch, the white rabbit dissipates into thin air.

8 Sacramento River — Greenhaven Area — Gloria Drive

Late at night as you walk down the embankment of the Sacramento River, you can see a campfire going. As you approach the campfire, it disappears.

It's rumored that a transient drowned in this area and the vanishing campfire is the spot where he would spend cold nights camping along the river.

9 Freeway Exit to San Francisco Off W Street

In the 1970s, a woman was hitchhiking off this exit when she was murdered. Her murder was never caught.

Some people say that every once in a while, they see a ghostly image of a woman hitchhiking in the same area at night.

10 A House in Antelope

This 1998 house was built on a WWII Japanese Internment Camp. The occupants of the house claim they see a woman without a head that scares their six children.

They also see a ghostly figure of a man in a white T-shirt and white shorts, and they hear piano music with no discernible source. ◆

HAVE YOU EVER WANTED TO SLEEP WHERE THINGS GO BUMP IN THE NIGHT?
HAVE YOU EVER WANTED TO DINE WITH GHOSTS AND GHOULS?
HAVE YOU EVER WANTED TO WALK IN THE SHADOWS OF VAMPIRES, GHOSTS AND CRYPTIDS?
DOES LEARNING ABOUT MACABRE, THE STRANGE, OR THE WICKEDLY EVIL FEED YOUR SOUL?

Then I invite you to join me at "Where the Dark Corners Are", a podcast geared toward people who believe in the paranormal, who love traveling, who seek the ghastly stories, and learn about the morbid, the chilling and the seriously spooky.

Using the haunted world as our road map, each week we will visit a ghastly hot spot, anywhere from the port of New Orleans to the abandon castles of Romania.

And, as a gruesome bonus, on occasion, I will be joined by Da Panda, Panda Mike, as we take a road trip to a specific location, where we stop and discuss said place of absolute darkness and the horrifying madness that transpired there.

So join us on